

THE ROANOKE TIMES.

EVERY MORNING, EXCEPT MONDAY.

ROANOKE TIMES PUBLISHING CO.,

Publishers and Proprietors.

TIMES BUILDING.

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Virginia every morning by carriers for 50 cents per

month.

THE WEEKLY TIMES.

The Weekly Times, containing the news of the

week in a more condensed form, one year,

\$1.00 in advance.

Advertising rates made known on applica-

tion.

Items of news, communications, etc., should

be addressed to the Editor of THE TIMES.

Remittances, by express, money-order, regis-

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and made payable to

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Elk's News Stand, 34 Salem Avenue, and

Roanoke News Depot, 105 Henry Street.

Bristol, Tenn.—W. A. Ward, Front

Street, Steiner & Mathis.

Bluefield—Bluefield Inn.

Lynchburg—Norvell-Arlington Hotel.

Pocahontas—Pocahontas Inn.

Pulaski—Maple Shade Inn, Brown &

Brown.

Radford—Radford Inn, Jenkin's News

Depot, Norwood Street.

Salem—W. S. Taylor's Book Store.

Washington—Willard's, The Metropol-

itan.

Norfolk and Western trains.

Roanoke, Va., August 1, 1891.

THE POSTOFFICE SITE.

The balloting over the postoffice site

is now progressing rapidly. Ballots are

coming into THE TIMES office faster than

ever. The leading site is being closely

pressed, and any day may turn the scale.

But a few days remain before the closing

of the polls. Send in your ballots. To

avoid mistake, let it be again said that

no one can vote more than once. Several

duplicate ballots from the same

persons have been received, and all but

one, of course, rejected. Fill out the

following ballot and send it in at once:

I am in favor of locating the city post-

office at

Name

Street

WANTED—JUSTICE!

Two grave cases are needing investi-

gation at the hands of the police com-

missioners. The first is the assault of

two officers on an unoffending young

man in front of the Palace Hotel yester-

day morning. From the testimony of

all the witnesses whom THE TIMES has

been able to reach, the assault was

brutal and unprovoked. The object of

attack was a young man who seems to

have been made repeatedly the object

of a mean and petty persecution at the

hands of those whose duty it is to pro-

tect from persecution.

The second case is of such unutterable

iniquity that the first, heinous as it

is, loses rank and importance as the

demons did in the presence of the arch-

fiend himself. A poor colored woman,

confined in the station-house on suspi-

cion, charges that an officer entered her

cell at night and committed a grave

offense. Her statement is backed by

corroborative detail and the statements

of various witnesses. The story be-

came current. An investigation was

held by Mayor Evans.

THE TIMES charges flatly and without

fear of successful contradiction that

the investigation was held under such

conditions and with so little judgment

that it was a farce. The officer of all

men, against whom suspicion and cir-

cumstantial evidence most strongly

pointed, was allowed, when the police

force was assembled, to sit in the strong

light of a window so that his features

were almost indistinguishable by the

colored woman from the center of the

room, when she was brought in to iden-

tify her assailant. She picked out

another officer, resembling in no small

degree the one in question. The officer

she picked out easily established an

alibi.

Not one of the other witnesses was

allowed an opportunity to point out the

culprit.

No member of the press was allowed

to be present, though the facts of the

case were thoroughly known to them.

A request that a member of the press

GENTLE GYMNASTS.

The Means by Which Women May

Become Muscular.

Simple Instructions for the Guidance of

Members of the Fair Sex Who

Are Desirous of Developing

Their Muscles.

Light gymnastics embrace the use of

dumb-bells, bar-bells, Indian clubs,

wands, hoops and exercises without

anything whatever in the hands.

Marching, deep breathing movements,

poising, stretching and equilibrium ex-

ercises, all of which have in a great

measure grown out of the Delsarte sys-

tem, also come, says the Ladies' Home

Journal, under the general term, light

gymnastics.

The beneficial results of all these are

many and varied. Hardly anyone is

too weak for gymnastics. Gentle mas-

sage will start the muscles and send the

blood into healthy circulation. Then

the patient should help herself. One of

the advantages of light gymnastics is

that the sick and convalescent can

make what appear to be trifling efforts

and by them, in time, be restored to

active health. If too feeble to be prac-

tically able to make but little exertion,

try what are known as deep breathing

movements. Lie flat upon the back,

take as long and deep breaths as pos-

sible, and while the mouth is closed,

slowly throw the arms up in front and

then at the sides. Rest for ten minutes.

Try again the same inhalation and ex-

halation of air, the latter being pure

and fresh. After awhile attempt the

same, sitting up. These exercises can

safely be taken by the sick one every

day several times, and the whole mus-

cular system will be improved, just as

if some revivifying tonic had been

given, a far better one than any charged

with alcohol or some like stimulant.

From this step to the use of light ap-

paratus in the dumb-bells is a short

one. But the mistake is too often made

in trying to be too muscular, and using

bells of too great a weight. Attempt

nothing above your strength at the

start; it is even better at first to go

under it than over it. Above all things

be methodical and regular in these

exercises. Irregularity in anything—

habits, expenditures, diet—brings its

uncomfortable reward. Exercise must

be constant and systematic to be effec-

tive.

If a beginner purchase wooden dumb-

bells of a pound each in weight.

Stand with the heels together, body

erect and head up. Place the bells on

the shoulders and push up that in the

right hand to a count of eight or twelve;

then the left; then both together at the

same time.

Place the bells on the chest; push the

right-hand bell out in front eight times,

the left-hand afterward, then both.

Push the bell in the right hand out

from the chest to the right, the left the

same, and next both.

Put bells under the armpits. Curl

them out alternately and at the same

time.

With bells on the shoulders roll out as

in the movement above described.

Strike the bells quickly over the head

and under the right leg; then the left

leg, then again behind the back.

With the right-handed bell extended

from right side at right angles with the

body, strike it as if it were an anvil

eight times with the bell in the left

hand as a hammer. Do this in the

same manner to the left and in front,

holding the bell that acts in lieu of anvil

on the right and left knees.

These are but simple movements. A

teacher in the gymnasium will give you

dozens more. But just after the morn-

ing bath, in a cool room, before the

corset is put on, if tried for five or ten

minutes daily will end in sending a

glow through the body and bringing a

rich tint to the cheeks. Beauty is not

always born; it can be made. Not with

cosmetics; try light gymnastic exer-

cises and you will prove to your own sat-

isfaction that a light step, a bright eye,

a clear, good-colored skin, without the

faintest hint of rouge or powder, makes

a woman truly beautiful, as well as

"healthy, wealthy and wise."

Apropos of this last assertion, that a

woman can grow wiser, yes, actually

know more, from regular gymnastic

exercise is an established truth.

The greatest practical result of both

light and heavy gymnastics is the fact

that the mind grows in proportion to

the muscle. The muscles need a will,

and a strong one, to control them.

The moving to exact time and to music

demanded by these exercises when

taken in the classes of the gymnasium

has its effect on the brain, and it is as

important as the resulting physical

gain. Dr. W. G. Anderson, the special-

ist, states that women who by reason of

undeveloped will power cannot compel

this servant to aid them in works they

must perform are greatly benefited by

light gymnastic exercises; and that

those women who are sensible enough

to adopt the methods that make men

the stronger, the healthier sex, who ex-

pect to be known as the mothers of

healthy children, and, above all, women

who wish to aid in the realization of the

ideal human being, whether mentally,

morally or physically, are able to be all

that they would be by gymnastic ex-

ercise.

It is a constant source of complaint

that American women are not graceful.

And the dancing school has been until

recent years the refuge for the awk-

ward and unbalanced-muscled young or

old woman. But much more valuable

is the gymnasium in its education of the

feet, and of the poise and carriage of

the body.

To this end fancy step movements are

given, and grace and ease of self re-

sults. Then, too, dexterity is a quality

the phlegmatic, slow-by-nature girl

and woman needs to get on in this busy,

work-day world, where she who

moves the quickest and thinks the fast-

est, keeping her mind clear and steady

on what she has in hand, puts to rout

the moral of that ancient fable of the

hare and tortoise, in reaching the goal

long before her slower and more delib-

erate neighbor.

THE LAST DAY FOR BALLOTING.

This is the last day for voting on the

postoffice site. To-morrow morning the

result will be announced. All ballots

must be in by 10 o'clock this evening.

By the way the ballots poured in yester-

day it is reasonably certain that every

house in Roanoke will have been can-

vassed by to night. The result will be

as clearly a popular verdict as could

have been obtained had a regular elec-

tion been held under the laws of Vir-

ginia.

There need be no controversy over the

result. The whole contest has been

conducted in the fairest possible man-

ner and the people of Roanoke will have

clearly indicated where they want the

postoffice to be located. Having done

that it is the duty of the Treasury De-

partment to comply with their wishes,

provided the property can be purchased

at a proper figure

BEDFORD CITY.

The Normal School Over—The Farmers'

Institute Next.

BEDFORD CITY, July 31.—[Special]—

The regular course of instruction at the

Normal ended on Wednesday, and ex-

aminations for certificates began yester-

day, continuing through the day. A

great many of the teachers have already

left, preferring to stand their examina-

tions under their county superintend-

ents.

The instruction has been thorough in

every department, and the several in-

structors, experts in their line of teach-

ing. So successful has been this session,

and so pleased both teachers and people

of the town, in all probability strenu-

ous efforts will be made to have the

Normal in Bedford City again next year.

This week has been an interesting

one in the way of lectures and enter-

tainments. On Tuesday night a large

number of people listened to Prof. A.

M. Hughlett on oratory. He gave